

What is the relationship between the intake of animal protein products and selected health outcomes?

Summary of the review:

This family of question considers animal protein products, including red meat, processed meat and poultry. Although milk and milk products are sources of animal protein, their relationship to selected health outcomes is addressed in a separate question. Seafood, another source of animal protein, is discussed in detail in the [Fatty Acids and Cholesterol](#) and [Food Safety and Technology](#) sections. The health outcomes considered were type 2 diabetes (T2D), cardiovascular disease (CVD), hypertension (HTN), body weight, and colorectal, prostate, and breast cancer. The search captured literature published from 2000 to present. This date range was selected because the question was not addressed by the 2005 Dietary Guideline Advisory Committee (DGAC). Cross-sectional studies were only included in the review on body weight due to the limited number of studies available regarding this outcome. Further, the Subcommittee (SC) only considered prospective cohort studies for the cancer outcome. The SC limited their review to studies that included healthy participants (e.g., studies that only included participants with hyperlipidemia were excluded).

Systematic Review Questions:

① [What is the relationship between the intake of animal protein products and cardiovascular disease? \(DGAC 2010\)](#)

② [What is the relationship between the intake of animal protein products and blood pressure? \(DGAC 2010\)](#)

③ [What is the relationship between the intake of animal protein products and type 2 diabetes? \(DGAC 2010\)](#)

④ [What is the relationship between the intake of animal protein products and body weight? \(DGAC 2010\)](#)

⑤ [What is the relationship between the intake of animal protein products and colorectal cancer? \(DGAC 2010\)](#)

⑥ [What is the relationship between the intake of animal protein products and prostate cancer? \(DGAC 2010\)](#)

⑦ [What is the relationship between the intake of animal protein products and breast cancer? \(DGAC 2010\)](#)